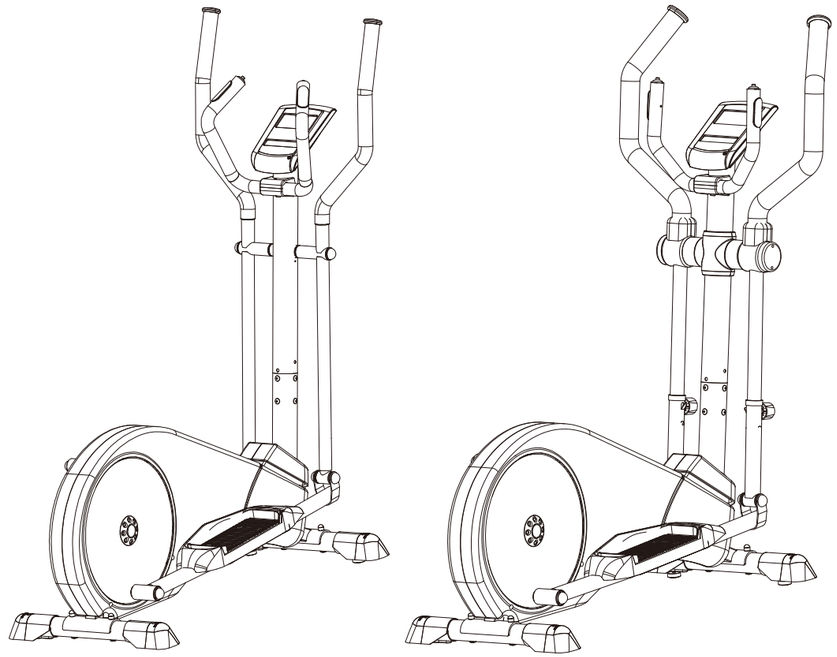


FOR MODEL :

ATHOS

ATHOS PRO

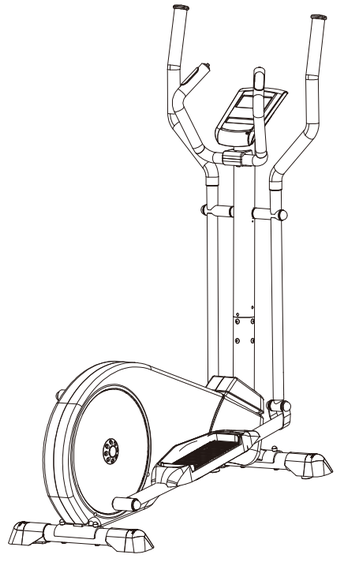
HORIZON FITNESS

HORIZON FITNESS

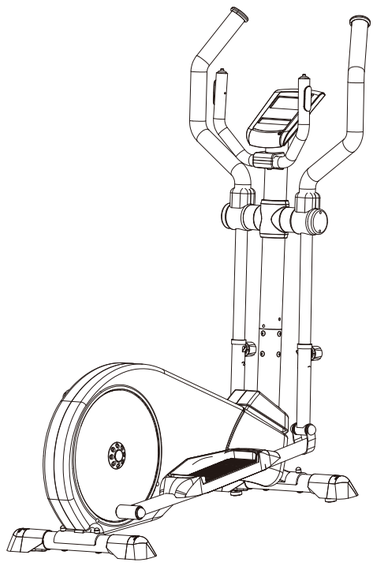
ELLIPTICAL USER'S GUIDE

2009.02.16

ENGLISH



ATHOS



ATHOS PRO

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Horizon Fitness elliptical!

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, an Horizon Fitness ellipticalcan help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-brake warranty packages in the industry.You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

Horizon Fitness delivers.

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Important Precautions	*4*
Before You Begin	*5*
Elliptical Operation	*6*
Athos Assembly	*7*

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

Read all instructions before using this elliptical. When using an electrical product, basic precautions should always be followed. It is the responsibility of the owner to ensure that all users of this elliptical are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact Customer Tech Support at the number listed on the back panel of this manual.

WARNING *To reduce the risk of burns, fire, electrical shock or injury to persons:*

- *If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.*
- *Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.*
- *To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.*
- *Do not wear clothes that might catch on any part of the elliptical.*
- *Do not turn pedal arms by hand.*
- *Make sure handlebars are secure before each use.*
- *Do not insert or drop any object into any opening.*
- *Unplug elliptical before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)*
- *This elliptical should not be used by persons weighing more than 250 pounds. Failure to comply will void the warranty.*
- *This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.*
- *Do not use elliptical in any location that is not temperature controlled such as but not limited to: garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.*
- *Use the elliptical only as described in this manual.*
- *Keep the topside of the foot support clean and dry*
- *Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.*
- *Disconnect all power before servicing the equipment.*

At NO time should pets or children under the age of 12 be closer to the elliptical than 10 feet.
At NO time should children under the age of 12 use the elliptical.
Children over the age of 12 should not use the elliptical without adult supervision.

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

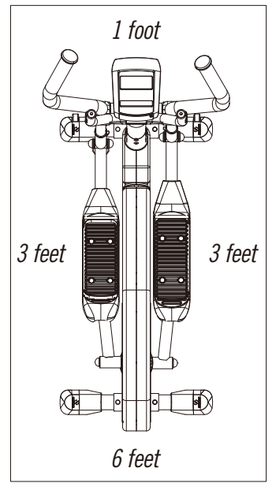
BEFORE YOU BEGIN

CONGRATULATIONS on choosing your elliptical. You've taken an important step in developing and sustaining an exercise program! Your elliptical is a tremendously effective tool for achieving your personal fitness goals. Regular use of your elliptical can improve the quality of your life in so many ways.

HERE ARE JUST A FEW OF THE HEAL THBENEFITS OF EXERCISE:

- *Weight Loss*
- *A Healthier Heart*
- *Improved Muscle Tone*
- *Increased Daily Energy Levels*

The key to reaping these benefits is to develop an exercise habit. Your new elliptical will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your elliptical in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.



LOCATION OF THE ELLIPTICAL

Place the elliptical on a level surface. There should be 6 feet of clearance behind the elliptical, 3 feet on each side and one foot in front for the power cord (See diagram to the right). Do not place the elliptical in any area that will block any vent or air openings. The elliptical should not be located in a garage, covered patio, near water or outdoors.

ELLIPTICAL OPERATION

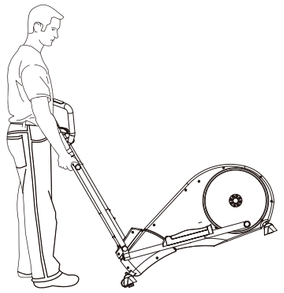
POWER

Your programmable elliptical is powered by a power supply. The power cord must be plugged into the power jack, which is located in the rear of the machine.

WARNING

Do not operate the elliptical if the power cord or plug is damaged.

If the elliptical appears not to be working properly, do not use the elliptical.



MOVING

Your elliptical trainer has a pair of transport wheels built into the front of the frame. With the Elliptical in the folded position and bracing one foot against front foot tube, carefully pull back on the console mast and roll the elliptical to the desired position.

WARNING

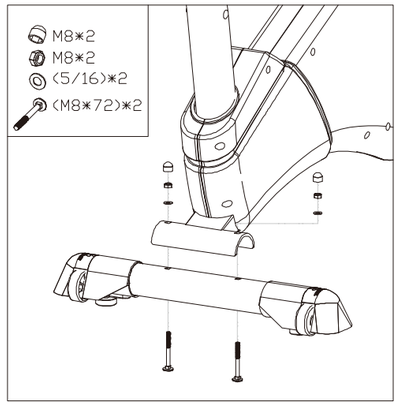
Our ellipticals are well built and heavy, weighing up to 135 KG! Use care when moving and get additional help if necessary.

FOOT POSITIONING

Your elliptical offers a variety of foot positions. Moving your foot to the forward most position of the foot pad increases your step height, which will create a feel similar to a step machine. Placing your foot toward the back of the foot pad decreases your step height and creates more of a gliding feel, similar to a smooth walk or run.
Your elliptical also allows you to pedal both forward and backwards to offer a variation to your workout and to focus on other major leg muscle groups such as your hamstrings and calves.

ATHOS ASSEMBLY

1



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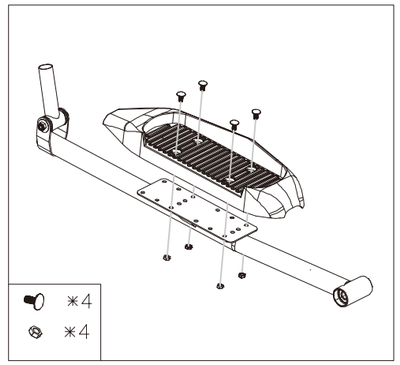

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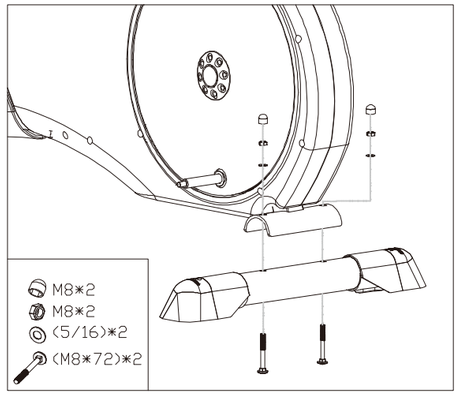

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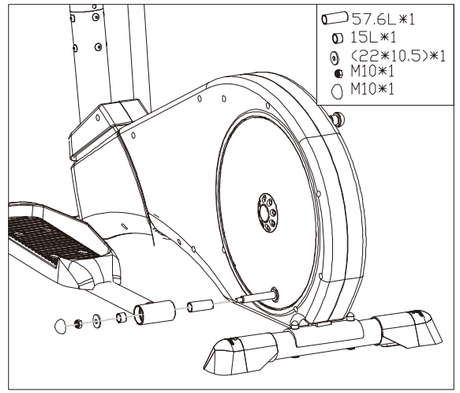

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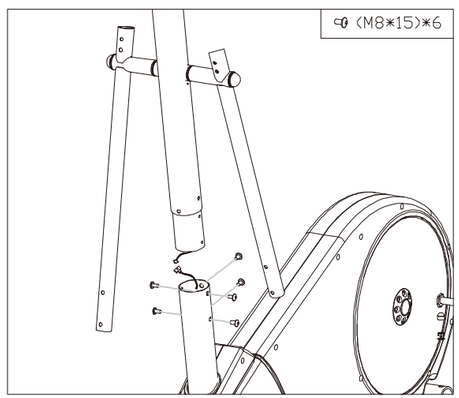

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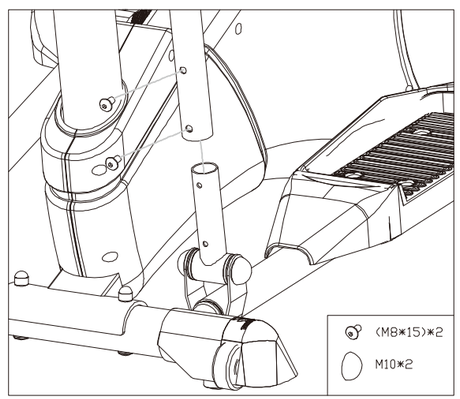

ATHOS ASSEMBLY

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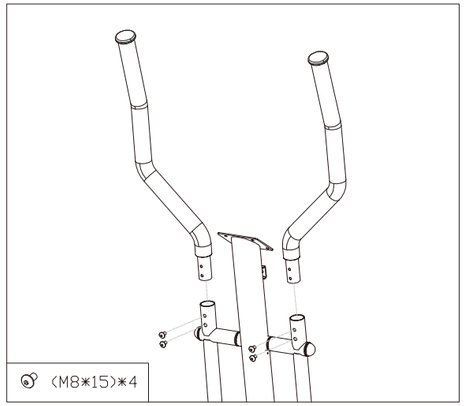

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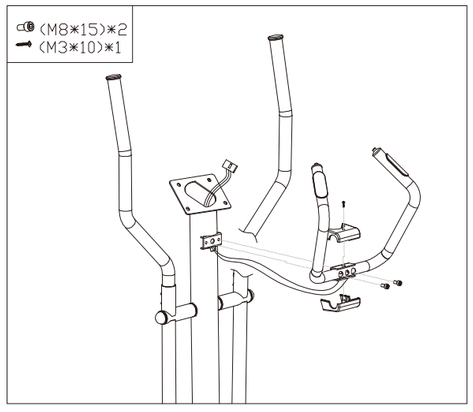

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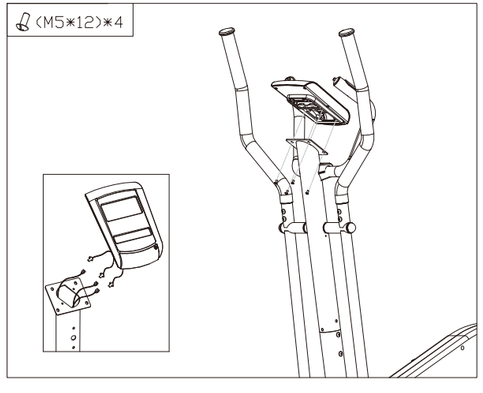

ATHOS PRO ASSEMBLY

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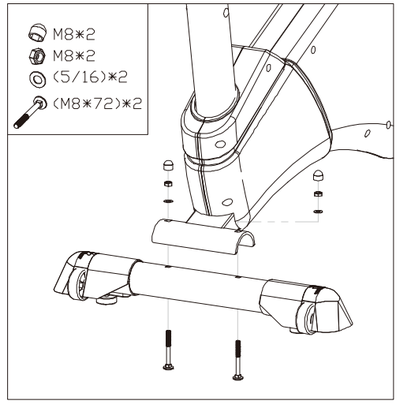

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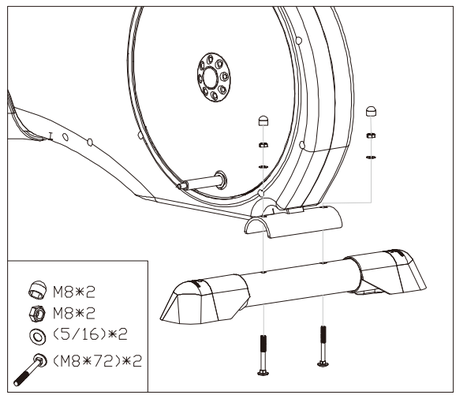

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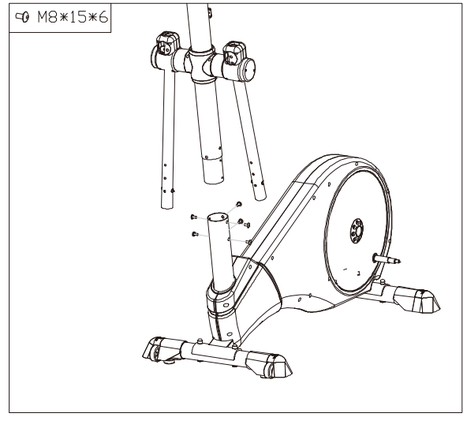

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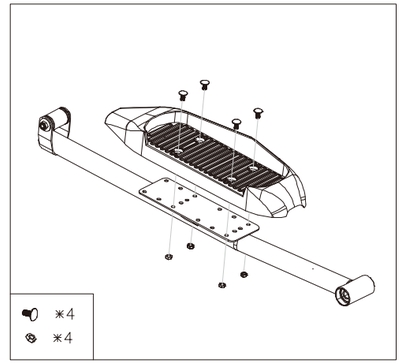

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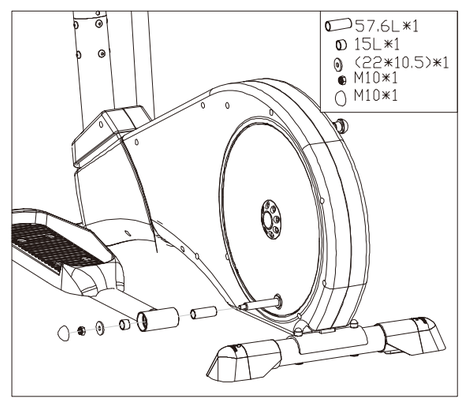

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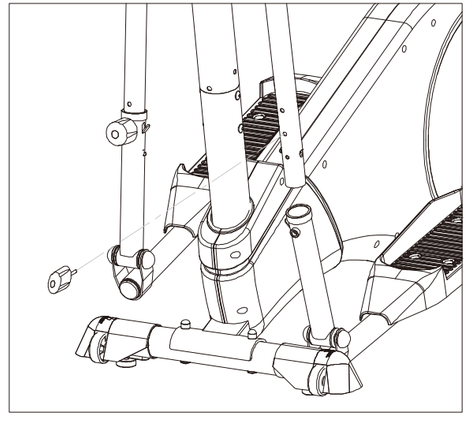

ATHOS PRO ASSEMBLY

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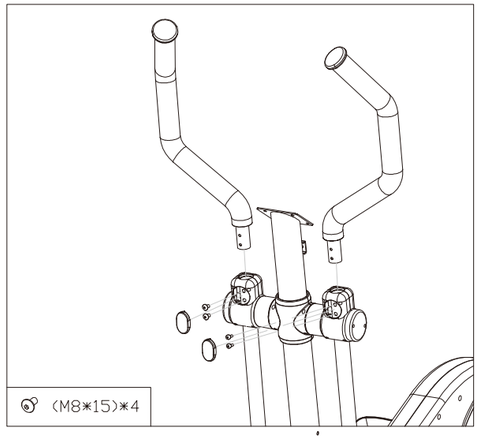

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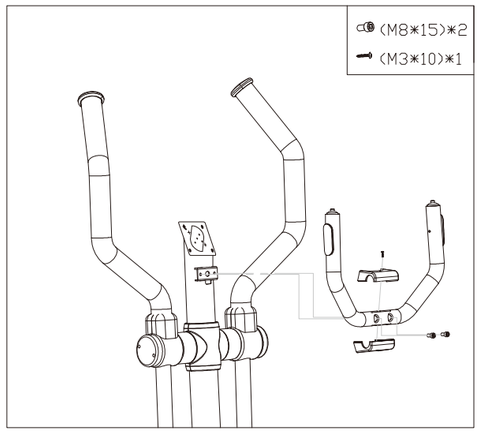

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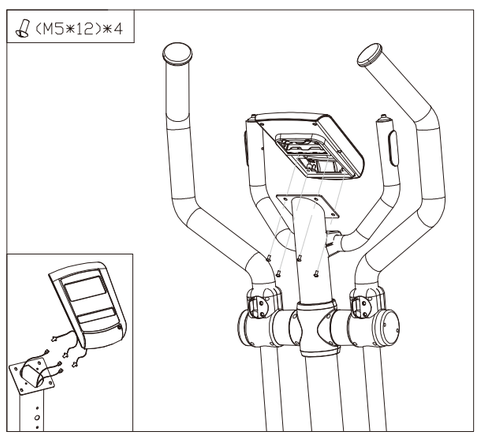


ATHOS CONSOLE DISPLAY

CONTROL

A) UP/DOWN key

1) Press to increase and decrease the value.

2) Press to scroll and browse items which you can select.

3) Press to increase and decrease the resistance.

B) SCAN key

Press to scan display items. Five seconds a switch. Press Mode key to stop scanning, the display will remain the item at the time.

C) RECOVERY key

If heart rate data is available, you can press Recovery key to start the Recovery function.

D) RESET key

When data setting, press Reset key to default value. Hold the Reset key for 3 seconds to reset the system.

E) MODE key

1) After data set, press Mode key to confirm.

2) Under STOP status, press Mode key and Up key together to show the Thermometer.

F) PROGRAM key

Press to choose the desired program, then press Mode key to confirm.

G) ODOMETER key

Press Odometer key to show the lifetime distance amount.

ATHOS CONSOLE OPERATION

1) Make sure the power is on. You will see the display light up, then Beep sound for 3 seconds.

2) Press Program key to choose programs, then press Mode key to confirm.

3) Press Up/Down key to set your target Time - Calories - Distance. Press Mode key to confirm. It will go back to the initial status if there is no signal input within 25 seconds.

4) Just pedaling to start your workout.

All data you have set will count down until zero. There is a beep sound for reminding, and then the data start to count up, the program keep going.

If there is no RPM signal or data input within 4 minutes, then the console comes to Sleep Mode, the temperature will show up. Any RPM signal or input signal can wake the console up.

PROGRAM PROFILE

PROGRAM 1
PLATEAU

PROGRAM 2
HILL INTERVAL

PROGRAM 3
VALLEY

PROGRAM 4
MOUNTAIN

PROGRAM 5
MOUNTAIN CLIMB

PROGRAM 6
PEAK

PROGRAM 8
CV WORKOUT

PROGRAM 8
HILL

PROGRAM 9
STRENGTH INTERVAL

RECOVERY FUNCTION

If heart rate data is available, you can press Recovery key to start the Recovery function.
When use Recovery function, make sure you have hold the hand grip pulse or use chest belt. The time will count down from 00:60 sec. to zero. After the measurement is finished, the display shows the result F1-F6 (F1 = best result).
Please note that your results are in a relation to the pulse level in the beginning of the measurement and that your results are personal and cannot directly be compared with any other person's results. In order to improve the reliability of recovery pulse measurement, always try to standardize the measurement situation as accurately as possible; start measuring at the same heart rate level as precisely as possible.
You can press Recovery key to back to the exercise mode.

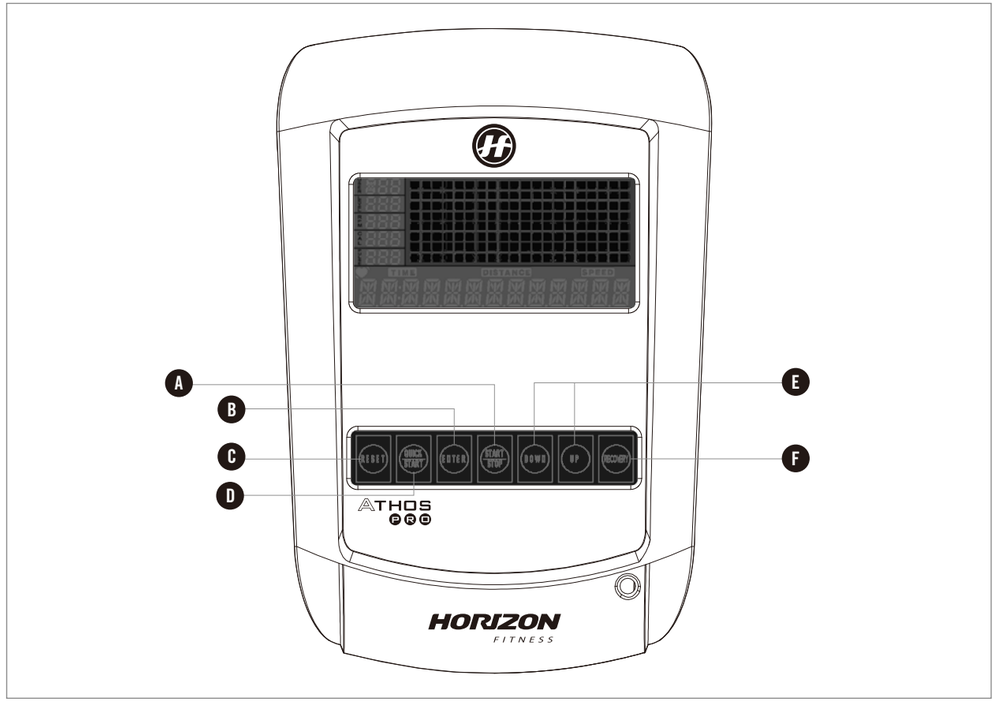
ODOMETER

When there is no RPM signal, press Odometer key to show the lifetime distance amount. Workout mode will comeback after 8 seconds.

THERMOMETER (TEMPERATURE)

If there is no RPM signal or data input within 4 minutes, then the console comes to Sleep Mode, the temperature will show up. Under STOP status, you can also press Mode key and Up key to show the temperature. Any RPM signal or input signal can wake the console up.

ATHOS PRO CONSOLE DISPLAY



CONTROL

A) START/STOP key

Press to start, pause and stop the workout.

B) ENTER key

1) After data set, press Enter key to confirm.

2) Under STOP status, press Mode key and Up key together to show the Thermometer.

C) RESET key

1) When data setting, press Reset key to default value. Hold the Reset key for 3 seconds to reset the system.

2) When your workout pauses, you can press Reset key to switch to other programs.

D) QUICK START key

Press to start the manual program immediately.

E) UP/DOWN key

1) Press to increase and decrease the value.

2) Press to scroll and browse items which you can select.

3) Press to increase and decrease the resistance.

4) Press UP and DOWN keys together to set the custom program profile.

F) RECOVERY key

If heart rate data is available, you can press Recovery key to start the Recovery function.

ATHOS PRO CONSOLE OPERATION

User setting

1) Press Reset key under initial status to modify User's data.

2) Press Up/Down key to set your gender, age and weight data. Press Enter key to confirm and go to the next step.

Start your workout

1) Make sure the power is on.

2) Press Up/Down key to select User1, User2 or User3. Press Enter key to confirm.

3) Press Up/Down key to select program, then press Enter key to confirm.

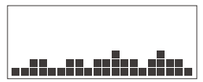
4) Press Up/Down key to set the workout time, then press Enter key to confirm.

5) Press Start key to start the workout.

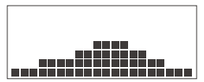
You can also press Quick Start key to start your workout immediately.

PROGRAM PROFILE

PROGRAM 1
ROLLING HILL



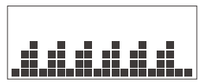
PROGRAM 2
PEAK



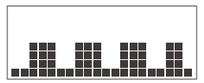
PROGRAM 3
PLATEAU

PROGRAM 4
MOUNTAIN CLIMB

PROGRAM 5
HILL INTERVAL



PROGRAM 6
STRENGTH INTERVAL



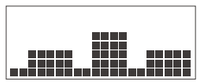
PROGRAM 8
FAT BURN HEART

PROGRAM 8
CARDIO HEART RATE

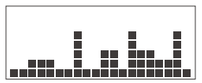
PROGRAM 9
CUSTOM

PROGRAM 10
MANUAL

PROGRAM 11
HILL



PROGRAM 12
CV WORKOUT



RECOVERY FUNCTION

If heart rate data is available, you can press Recovery key to start the Recovery function.
When use Recovery function, make sure you have hold the hand grip pulse or use chest belt. The time will count down from 00:60 sec. to zero. After the measurement is finished, the display shows the result A+ to C (A = best result).
Please note that your results are in a relation to the pulse level in the beginning of the measurement and that your results are personal and cannot directly be compared with any other person's results. In order to improve the reliability of recovery pulse measurement, always try to standardize the measurement situation as accurately as possible; start measuring at the same heart rate level as precisely as possible.
You can press Recovery key to back to the exercise mode.

TARGET HEART RATE PROGRAMS

There are 2 HRC programs, Fat Burn Heart Rate & Cardio Heart Rate.
The default formula,
*Fat Burn Heart Rate: Target = (220-age)*0.65*
*Cardio Heart Rate: Target = (220-age)*0.8*
You can also press Up/Down key to adjust your target heart rate, and then press Enter key to confirm. Press Start key to start the workout.

MONITORING YOUR HEART RATE

Feedback

Your Horizon Fitness elliptical trainer offers two heart rate feedback options. You may choose to use the heart rate handlebars, or the chest transmitter for a hands free workout.

Heart Rate Handlebar

Place the palm of your hands directly on the heart rate handlebars. Both hands must grip the bars for your heart rate to register. When griping the handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Try to maintain moderate pressure while holding onto the heart rate handlebars. It is recommended that you hold the handlebars only long enough the see your heart rate readout on the console. You may experience an erratic readout if consistently holding the handlebars.

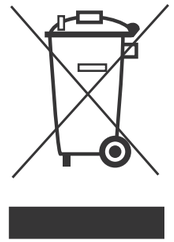
Telemetric Chest Transmitter

Prior to wearing the chest transmitter on your chest, moisten the two rubber electrodeswith water. Center the chest strap just below the breast or pectoral muscles, directly overyour stermum, with the Horizon Fitness logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent read-out. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.

If you have any problems with the heart rate function please refer to pages 17 & 18 in the troubleshooting section.

Warning!

The heart rate function is not a medical device. Various factors may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid.



D:

Entsorgungshinweis Horizon Fitness Produkte sind receyclebar. Führen Sie das gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB:

Waste Disposal Horizon Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F:

Remarque relative à la gestion des dèchets Les produits Horizon Fitness sont recyclables. A la fin sa durrèed'utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collectelocale).

NL:

VerwijderingsaanwijzingHorizon Fitness producten zijn recycleerbaar. Breng het apparaataan het einde van de gebruiksduur naar een vaekundig verzampelbunt voorrecycling.

E:

Informaciones para la evacuaciònLos productos de Horizon Fitness son riciclables. Cuando se terminala vida ùtil de un aparato o una màquina, entrèguelos an una impresa local deeleiminaciòn de residuos para su reciclaje.

I:

Indicazione sullo smaltimentol prodotti Horizon Fitness sono reciclabill. Quando l'apparecchionon servirà più, portatelo in un apposito punto di raccolta della Vostra città(Punti di raccolta comunall).

PL:

Wskazòwka dotyczàca usuwania odpadòw.Producty firmy Horizon Fitness podlegajà recyklingowi. Pod koniecokresu o'ywalnoÈcl pros'z oddac urzàdzenie do wlaÈciwego punkto usuwaniaodpadòw (lokalny punkt zbiorczy).